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# Institutional Feeding Managers Stewards-Chefs-Cooks

## ATTENTION PLEASE !

September 18, 1944

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### INSTITUTIONAL FOOD SERVICE

#### FROZEN VEGETABLES ARE PLENTIFUL

War Food Administration's recent announcement states----Frozen Vegetables and Frozen Baked Beans are listed among the foods in plentiful supply during September.

#### Advantages of Using Frozen Vegetables

An increasing number of food service managers are becoming aware of the advantages of using frozen vegetables.

- . labor-saving -- aid in meeting manpower shortages.
- . save many hours of preparation, as the vegetables are cleaned and cut before they are frozen.
- . require less cooking time than do fresh vegetables, and they provide a supply of such vegetables as green peas and asparagus in months when these vegetables are not available in fresh form.
- . nutritive value is about equal to that of the fresh vegetables usually used in institutional food service.
- . the initial cost may, in some cases, be higher than that of the fresh vegetables, the cost per serving may be no more because of the reduced labor cost in preparation.

#### Food Value

Frozen baked beans---a relatively new product have about the same composition as canned or home-baked beans, and are a good source of protein, iron, and the B vitamins.

Most vegetables are blanched before freezing and there is a slight vitamin loss in this process. The frozen product is apt to contain less Vitamin C than the fresh product when it is in its best condition. However, the ease with which frozen vegetables can be held in the frozen state until cooking, and the short cooking time required for them, can compensate, at least in part, for the original processing loss. Other nutrients, except Vitamin C, are almost the same in frozen vegetables as in fresh ones.

Note----Some of the large hospitals for the rehabilitation of returning veterans are now using frozen vegetables in order to provide balanced diets while meeting labor shortages. WAR FOOD ADMINISTRATION OFFICE OF DISTRIBUTION

Industrial Feeding Section-Room 647-821 Market Street San Francisco, 3, California  
Telephone Exbrook 8381-Ex, 47

## RECIPES

Frozen Baked Beans		100 servings		500 servings	
Ingredients	Measure	Weight	Measure	Weight	
frozen baked beans		35 lbs.		170 lbs.	
salt pork, cubed		4 lbs.		18 lbs.	
mustard, dry		2 ounces		10 ounces	
sugar, granulated		1 lb.		5 lbs.	
molasses	1 pt.		2½ qts.		

size of portion - 6 ounces

Thaw the beans by letting stand over night in refrigerator at about 45° F. or at room temperature for 3 - 4 hours.

Mix the thawed beans with the seasonings.

Put beans into oiled baking pans.

Bake in a 350° F. oven for 1 hour or until beans are thoroughly seasoned and browned.

Creamed Cut Asparagus		100 servings		500 servings	
Ingredients	Measure	Weight	Measure	Weight	
Frozen cut green asparagus		20 lbs.		100 lbs.	
salt		2 ounces		10 ounces	
top milk	3 qts.		3-3/4 gal.		
flour for thickening		6 ounces		1 lb 14 ounces	

size of portion - 4 ounces

Place blocks of asparagus in baking pans and sprinkle with salt.

Place in compartment steamer and cook until tender.

Combine drained pan liquor and top milk and use for sauce, thickening it if desired.

Butter Frozen Spinach		100 servings		500 servings	
Ingredients	Measure	Weight	Measure	Weight	
frozen spinach		25 lbs.		125 lbs.	
water, boiling	3 qts. or less		3 gal. or less		
salt		4 ounces		1 lb.	
butter or fortified margarine		1 lb.		5 lbs.	

size of portion - 3½ ounces drained

Cover bottom of steam-jacketed kettle with just enough water to start the vegetable cooking. Add the salt and bring water to the boiling point.

Drop in spinach, one block at a time, so as to avoid stacking the blocks and to make sure that each block will be surrounded by steam.

Cover the kettle.

After 3 minutes or so open kettle and separate the mashed vegetable so that the leaves will cook evenly. Push any unthawed pieces toward the bottom of the kettle.

Cover the kettle and cook just until the leaves are tender.

Drain the spinach and season. Serve immediately.

Large quantities should be cooked on a staggered schedule throughout the serving period.



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September 18, 1944

EXTRA !....ONIONS....EXTRA !

### Victory Food Selection-----

Onions have been designated as a victory food selection from September 21 to October 7. The cooperation of all industrial feeders, food managers, institutions and restaurants is needed to help relieve the markets and storage facilities by serving more onions during the next three-week period.

### A Few Facts About Onions-----

And why you are being asked to aid in distribution of this plentiful food. September 6 through October 7 is the actual production peak. Due to a large expansion in production in the Western States this year, a critical shortage of storage space is anticipated in these States. From scarcity to abundance is today's situation in the western region with a plentiful supply of Sweet Spanish onions available in all markets. The quality of this onion is good and they are suitable for commercial storing. Because of the large supply it is anticipated that prices, particularly during harvest time will be attractive.

Onions are a gourmet's delight for flavoring the more bland dishes that have become popular during rationing. In many cases it is the flavoring that makes a particular dish a success.

### Things to Know-----

Food value is small but it counts! Onions contain a small amount of vitamin C, thiamine and riboflavin and also small amounts of iron and calcium.

In storing they should be well cured so that the neck tissue is completely dry. Put them in ventilated barrels, baskets, crates, or loosely woven bags -----  
Ventilation is essential.

Serve them....

As a vegetable, boiled or creamed; as an accompaniment to the main dish, french fried, or raw slices in salad and with hamburgers. Feature liver and onion, steak smothered in onions, baked stuffed onions. They are all favorites.

#### RECIPES:

##### BAKED ONIONS IN TOMATO SAUCE

Ingredients	Servings		
	20	50	100
Onions, medium sized	20	50	100
Tomatoes, cooked	2½ qts.	6 qts.	12 qts.
Celery seed	¾ t.	2 t.	4 t.
Flour	½ c.	1 c. 1 T.	2 c. 2 T.
Shortening, melted	½ c.	1 c. 1 T.	2 c. 2 T.
Salt	1-¾ T.	5 T.	5/8 c.

Skin onions, cut in half, simmer slightly in salted water for 10 minutes. Drain and put in large baking dishes, cook tomatoes with celery seed for 10 minutes. Blend flour and melted fat - add to tomato juice - also salt and mix well. Pour over the onions, cover and cook until onions are tender, (about one hour).

##### FRENCH FRIED ONIONS

Ingredients			
	20	50	100
Onions	5 lbs.	12 lbs.	24 lbs.
Milk	¾ c.	1 c.	2 c.
Eggs	3	6	12
Flour	5-½ oz.	12 oz.	1-½ lbs.
Salt	1 t.	1 oz.	2 oz.
Cayenne	few grains	few grains	¼ t.

Peel and slice onions ¼ inch thick (break into rings)  
Dip in milk and egg mixture  
Dredge with flour salt and cayenne  
Fry in hot fat (365°) approx. 4 minutes  
(Flavor is improved if the raw onion slices are soaked in milk for 1 hour before using)